

Vermont Arthritis Resource Guide 2005



Arthritis Program
108 Cherry Street
Burlington, VT 05401
(802) 951-4068

This directory is available:

- Online <http://healthvermont.gov/prevent/arthritis/index.aspx>
- A print copy of this guide may be obtained by contacting:

Arthritis Program
Vermont Department of Health
108 Cherry Street
P.O. Box 70
Burlington, Vermont 05401-0070
(802) 951-4068

Please note: The information contained in this guide includes a compilation of publicly available information that has been consolidated for your convenience. Attempts have been made to verify this information. The Vermont Department of Health is not responsible for the accuracy of the information contained within this guide, nor should the inclusion or exclusion of any individual or organization be construed as a reference or recommendation.

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Practitioners

This section identifies the types of practitioners and therapies that you may want to include as part of your health care team. Always make certain that new practitioners are aware of your arthritis and any accompanying limitations you may have.

For your convenience, practices in your area have been listed. Although we have attempted to include as many as possible, this list may not be exhaustive. For the most up-to-date listings refer to your local phone directory or ask your physician for a referral.

Rheumatologists

Rheumatologists are medical doctors who specialize in the diagnosis and treatment of arthritis and related disorders of joints, muscles and bones. These specialists are board certified (have passed an exam) in areas such as internal medicine or pediatrics and then complete additional accredited training in the diagnosis and treatment of arthritis. Some physicians may also have passed another specialty exam in rheumatology and be board certified in rheumatology or pediatric rheumatology.

Many other types of physicians can diagnose and treat arthritis. These include physicians that are board certified in family practice, internal medicine, physical medicine and rehabilitation, pediatrics and orthopedic surgery.

As a public service, the Arthritis Foundation makes a referral list available to aid persons who wish to seek the assistance of a doctor specializing in the diagnosis and treatment of arthritis. This list includes only rheumatologists that have attested that they are licensed physicians under Vermont state law and meet at least one of the following criteria:

1. Board certified in rheumatology

Board certified specialists in rheumatology have completed training in an accredited training program for rheumatology and passed a special exam.

2. Completed an accredited training program in rheumatology

Physicians who have completed training programs in rheumatology accredited by certain professional groups.

3. Completed training before certification

Some physicians completed training in rheumatology before certification was available. Physicians in this category have at least five years of experience in rheumatology. Rheumatologists must be licensed by the Vermont Board of Medical Practice. If you have any questions about a rheumatologist's credentials, please call the medical practice board at (802) 657-4220 or toll-free from within Vermont 1-800-745-7371.

Acupuncturists

Acupuncture is an ancient Chinese practice used primarily for pain relief. It is believed that stimulating certain points causes the body's nervous system to release natural pain-killing endorphins and other neurotransmitters that change the experience of pain. The most common way to achieve this stimulation is through the insertion of very fine needles into the skin at those various points. People with arthritis may find it helpful to see an acupuncturist for pain relief.

In the state of Vermont, acupuncturists must either hold a license in acupuncture or be a licensed physician. If you have any questions about an acupuncturists' licensure, you may contact:

Ms. Peggy Atkins, Staff Assistant
Office of Professional Regulation
109 State Street
Montpelier, VT 05609
(802) 828-2373

Chiropractors

Chiropractic is the third largest health profession in the United States. Doctors of Chiropractic are licensed physicians in the state of Vermont and primarily treat neuromusculoskeletal conditions; including back, neck, hip, shoulder, leg, and arm pain. Treatments include manual techniques such as chiropractic adjustments, neuromuscular rehabilitation, soft tissue work, therapeutic exercise, and nutritional support.

Chiropractic has been shown to be helpful in relieving the pain and inflammation associated with arthritis. It can also help with improving function and allowing people with arthritis to return to some of their daily activities.

If you decide to try chiropractic treatment, be sure to tell your chiropractor about your arthritis and your primary care physician about your chiropractic treatment.

Providers in your area are listed in this directory. You may also contact the Vermont Chiropractic Association at www.vtchiro.org or (802) 651-0777. Chiropractors are required to hold a license. If you have any questions about a chiropractor's licensure, please contact the Vermont Chiropractic Board at (802) 828-2390, or e-mail Diane Lafaille at dlafaille@sec.state.vt.us.

Dentists

Dentists are licensed practitioners who work to diagnose, treat, and prevent diseases of the teeth, gums, and related structures of the mouth. They also replace or repair defective teeth, and create and insert replacement teeth.

People with arthritis need to talk to their dentists if their arthritis affects their daily oral hygiene. This is especially true for people with Rheumatoid Arthritis who have a greater risk of developing periodontal disease.

If a person with Arthritis notices any continuing symptoms such as:

- gums that bleed easily, or are red or swollen;
- radiating pain in the face neck or shoulder;
- painful clicking of the jaw;
- limited amount of movement of the jaw and/or locking of the jaw;
- a change in the way the upper and lower teeth fit together;
- a persisting dry mouth; and/or
- swollen salivary glands;

they may indicate the presence of a more serious condition and a dentist should be consulted as soon as possible.

Massage Therapists

Massage therapists are persons trained in the manipulation of the soft tissues of the body for therapeutic or healing purposes. Those living with Arthritis may find it helpful to visit a massage therapist for pain relief, to improve range of motion and/or ease of muscle tension.

The American Massage Therapy Association (AMTA) can help you locate a certified massage therapist, in your area. By calling, 1-800-THE-AMTA (843-2682) <http://www.amtamassage.org/findamassage/northeast.html>

Mental Health Practitioners

Physical difficulties that result from arthritis can have a definite impact on the mental and emotional health of any person with arthritis. Pain, frustration, and even medications can trigger feelings of depression, fear and fatigue and impact interpersonal relationships and emotional health.

Mental health practitioners can provide support for people with arthritis as they work through these feelings. Also, some mental health practitioners specialize in pain management and can help a person with arthritis cope with the physical side of their disease.

Licensed Clinical Social Workers, Psychotherapists, Clinical Mental Health Counselors, and Marriage and Family Therapists are regulated by Diane Lafaille. Pastoral Psychotherapists, are exempt from regulation, unless they charge a fee. and Marriage and Family Therapists are required to be licensed by the Allied Mental Health Practitioner's Board. Psychologists are regulated by Peggy. Psychiatrists must be licensed by the Board of Behavioral Science Examiners. If you have any questions about a mental health practitioner's credentials, please contact:

The Vermont Office of Professional Regulation
Board of Allied Mental Health Practitioners
Office of the Secretary of State
Redstone Bldg.
26 Terrace Street, Drawer 09
Montpelier, VT 05609
You may also e-mail Diane Lafaille at dlafaill@sec.state.vt.us
or call (802) 828-2390

Naturopathic Physicians

Naturopathic medicine blends centuries-old natural, non-toxic therapies with current advances in the study of health and human systems, covering all aspects of family health from prenatal to geriatric care.

Naturopathic medicine concentrates on whole-patient-wellness with the medicine tailored to the patient and emphasizes prevention and self-care. Naturopathic medicine attempts to find the underlying cause of the patient's condition rather than focusing solely on symptomatic treatment. Naturopathic physicians cooperate with all other branches of medical science referring patients to other practitioners for diagnosis or treatment when appropriate.

Occupational Therapists

Occupational Therapists (OTs) work to rehabilitate patients that have experienced a physically limiting condition and help them adapt to any permanent changes in their physical ability to manage their daily lives. OTs assist clients compensate for permanent loss of function by teaching them how to reduce strain on joints during normal activities. OTs fit people with splints and other devices to reduce joint stress and identify assistive devices to aid with activities such as dressing, reaching items, etc.

Orthopedic Physicians

An Orthopedic Physician, or an Orthopaedist, practices medicine that deals with the prevention or correction of injuries or disorders of the skeletal system and associated muscles, joints, and ligaments. Arthritis patients may find that they need to visit an orthopedic physician when surgery is required to help with their arthritis.

In general, an orthopaedist will perform surgery for arthritis when other methods of treatment have failed to give relief. The physician and patient will choose the type of surgery by taking into account the type of arthritis, its severity, and the patient's physical condition. Surgical procedures include:

- removal of the diseased or damaged joint lining;
- realignment of the joints;
- total joint replacement; and
- fusion of the bone ends of a joint to prevent joint motion and relieve pain.

In persons with severe cases of arthritis, orthopaedic surgery can often provide dramatic pain relief and restore lost joint function. A total joint replacement, for example, can usually enable a person with severe arthritis in the hip or the knee to walk without pain or stiffness.

Osteopathic Physicians

Osteopathic physicians (DOs) are licensed to perform surgery and write prescriptions, much like an allopathic medical doctor (MD). But the principles behind osteopathic medicine are very different from those upon which an MD is trained. Osteopaths focus on the musculoskeletal system and work to correct structural problems in order to make the body better able to heal itself. This

expertise in the musculoskeletal system may be especially helpful to someone with arthritis. A visit to an osteopath will likely include being checked for flexibility and muscle strength and may involve osteopathic manipulation of your spine or joints, massage and stretching to ease pain and help to improve function.

Many osteopaths practice in a manner similar to MDs and do not offer many unconventional therapies (such as joint manipulation). When locating an osteopath, it is best to inquire as to the kinds of treatments the doctor uses.

If you will be having manipulation performed on your joints, please be certain to make your osteopath aware of your arthritis, especially if you are experiencing an increase in symptoms.

Osteopaths are required to be licensed by Vermont's Board of Medicine. If you have questions about your osteopath's credentials, please contact:

The Vermont Board of Medicine
medicalboard@vdh.state.vt.us
or call (802) 657-4220
or toll free, 800-745-7371 (from within Vermont)
or send written requests to:
Vermont Board of Medical Practice
P.O. Box 70
Burlington, VT 05402-0070

Note: Verifications of Vermont licenses and certifications are available upon request for the statutory fee of \$20 each. Checks may be made out to the Vermont Board of Medical Practice and sent, with requests, to the above address. No special form is necessary.

A list of osteopathic providers in your region has been included in this guide. For the name of other osteopaths, please contact the Vermont State Association of Osteopathic Physicians and Surgeons at (802) 229-9418 or (800) 454-9663 or e-mail nocdoc@comcast.net.

Physical Therapists

Physical Therapists (PT's) diagnose and manage movement dysfunction and enhance physical and functional abilities; restore, maintain and promote not only optimal physical function but optimal wellness and fitness and optimal quality of life as it relates to movement and health; prevent the onset, symptoms and progression of impairments, functional limitations and disabilities that may result from diseases, disorders, conditions or injuries.

Physical and occupational therapists must be licensed by the State of Vermont. If you have any questions about your therapist's credentials, please contact Loris Rollins at lrrollins@sec.state.vt.us or call (802) 828-2191.

Primary Care Physicians

For individuals with arthritis, primary health care is especially important. Primary care physicians help individuals with arthritis take a preventative approach to their arthritis while treating the disease with medication. In addition, without a primary care physician, it is difficult to access specialists such as rheumatologists, physical and occupational therapists and, in some cases, mental health practitioners.

Dartmouth Hitchcock Medical Center

Many Vermont residents travel to Dartmouth Hitchcock Medical Center (DHMC) in Lebanon, New Hampshire for medical services. DHMC is a leading area academic medical center and is a major provider of medical services for residents of central and southern Vermont. A full spectrum of hospital and outpatient general and specialty services are available. Please contact DHMC directly to find out specific information about services and providers. Vermont listings for members of the Dartmouth Hitchcock Medical Alliance, a group of affiliated New Hampshire and Vermont hospitals and outpatient clinics, are listed below. Vermont Medicaid is accepted at DHMC and its alliance sites.

Vermont Dartmouth-Hitchcock Alliance Members

Statewide centers

Dartmouth Hitchcock Medical Center
Mary Hitchcock Memorial Hospital
One Medical Center Drive
Lebanon, NH 03756
603-650-5000
<http://www.dhmc.org/>

Central Vermont Medical Center, Inc
130 Fisher Road, P. O. Box 547
Barre, VT 05641
802-371-4100

Mt. Ascutney Hospital & Health Center
289 County Road
Windsor, VT 05089
802-674-6711

Northeastern Vermont Regional Hospital
1315 Hospital Drive, P.O. Box 905
St. Johnsbury, VT 05819-9210
802-748-8141

Visiting Nurse Alliance of Vermont and New Hampshire 46 South Main Street, Suite 1 White River Junction, VT 05001 802-295-2604	
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Community Health Centers (CHCs)

Community health centers (CHCs) are private, nonprofit organizations that provide high quality, low cost comprehensive primary health care services in communities throughout Vermont. Their mission is to provide preventative and primary health care services, regardless of the individual's ability to pay.

In addition, CHCs provide a host of support services, including transportation, translation, case management, outreach, and financial eligibility assistance. Your local community health center can provide you with information about additional programs for which you may be eligible including Medicaid and prescription assistance programs.

CHCs generally operate on a sliding fee scale based on income. Please call your local CHC for information about available services and medical consultations.

Rural Health Centers (RHCs)

Rural Health Clinics are certified by the federal government to receive special Medicare and Medicaid reimbursement. The purpose of the RHC program is to improve access to primary care in areas that have been designated as rural by the Bureau of the Census and medically underserved within the last three years by the Secretary of the US Department of Health and Human Services.

Rural Health Clinics are not required to provide services to uninsured and indigent patients. They are required to use a team approach of physicians and mid-level practitioners including nurse practitioners, physician assistants and certified nurse midwives for 50% of the time the clinic is open. Rural Health Clinics may also provide other health care services, such as mental health or vision services.

Community and Rural Health Centers

Chittenden County

Burlington

Community Health Center of Burlington

617 Riverside Avenue
Burlington, VT 05401
802-864-6309

Safe Harbor Clinic

Community Health Center of Burlington
184 South Winooski Avenue
Burlington, VT 05401
802-860-4310

Spectrum Adolescent Services

Community Health Center of Burlington
177 Pearl Street
Burlington, VT 05401
802-652-1080

Franklin County

Enosburg

Enosburg Health Center

Northern Tier Center for Health
44 Center Street
Enosburg, VT 05450
802-933-5831

Richford

Richford Health Center

Northern Tier Center for Health
53 Main Street
Richford, VT 05476
802-848-3829

Swanton

Swanton Health Center

Northern Tier Center for Health
45 Church Street
Swanton, VT 05488
802-8686-2454

Grand Isle County	
Alburg	
Alburg Health Center Northern Tier Center for Health Industrial Park Road Alburg, VT 05440 802-796-4414	
Caledonia County	
Danville	
Danville Health Center Northern Counties Health Care, Inc. Danville-Peacham Road Danville, VT 05828 802-684-2275	
Hardwick	
Hardwick Health Center Northern Counties Health Care, Inc. 6 High Street Hardwick, VT 05843 802-472-3300	Northern Counties Dental Center Northern Counties Health Care, Inc. 296 Main Street Hardwick, VT 05819 802-748-5174
St. Johnsbury	
Caledonia Internal Medicine Northern Counties Health Care, Inc. 56 Church Street St. Johnsbury, VT 05819 802-748-5174	St. Johnsbury Family Health Center Northern Counties Health Care, Inc. 222 Summer Street St. Johnsbury, VT 05819 802-748-5041
Three Rivers Community Counseling Services Northern Counties Health Care, Inc. 1091 Hospital Drive St. Johnsbury, VT 05819 802-748-6580	

Essex County	
Concord	
Concord Health Center Northern Counties Health Care, Inc. 201 E. Main Street Concord, VT 05824 802-695-2512	
Island Pond	
Island Pond Health Center and Dental Northern Counties Health Care, Inc. 82 Maple Street Island Pond, VT 05856 802-723-4300	
Orleans County	
Newport	
Newport Pediatrics 121 Medical Village Drive Newport, VT 05855 802-334-5929	
Orange County	
Corinth	
Valley Health Center 720 Village Road Cornith, VT 05040 802-439-5321	
Washington County	
Plainfield	
The Health Center 157 Towne Avenue Plainfield, VT 05667 802-454-8336	

Rutland County	
Wells	
Wells River Clinic, Inc. 65 Main Street Wells River, VT 05081 802-757-2325	
Bennington County	
Manchester	
Northshire Medical Center Southwestern Vermont Health Care Rte 7A North Manchester Center, VT 05255 802-362-4440	
Bennington	
Southwestern VT Health Care 100 Hospital Drive Bennington, VT 05201 802-447-5656	
Windham County	
Wilmington	
Deerfield Valley Health Care Southwestern Vermont Health Care 30 Route 100 South Wilmington, VT 05363 802-464-5311	

Free Clinics

Free clinics that belong to the Vermont Coalition of Clinics for Uninsured (VCCU) provide health care for Vermonters who earn too much to qualify for the Vermont Health Access Plan (VHAP), but not enough to afford private health insurance, and

without jobs that do provide health insurance as a benefit. Free clinics rely on volunteer clinicians and community members, charitable donations and the support of local community hospitals. While Free Clinics can provide comprehensive care, it is not, unfortunately, comparable to the care available to those with health insurance and does not provide portability for people when they travel and need healthcare outside of their own communities.

Free Clinics provide assistance with enrollment in Medicaid and Medicaid extension programs, referral to social services, and free pharmaceuticals as available. The following clinics are members of the Vermont Coalition of Clinics for the Uninsured.

Free Clinics

Chittenden County	
Colchester	
Health Access Program at FAHC 790 College Parkway Colchester, VT 05446 802-847-6985	
Orange County	
Randolph	
Neighborhood Health Connections 5 Maple Street Randolph, VT 05060 802-728-2323	
Washington County	
Barre	
People's Health & Wellness Clinic 553 No. Main Street Barre, VT 05641 802-479-1229	

Addison County	
Bristol	
Open Door Clinic 6 South Street Bristol, VT 05443 802-388-0137	
Middlebury	
Open Door Clinic 99 Court Street Middlebury, VT 05753 802-388-0137	
Rutland County	
Rutland	
Park Street HealthShares 88 Park Street Rutland, VT 05701 802-775-1360	
Windsor County	
Springfield	
Precision Valley Free Clinic 268 River Street Springfield, VT 05156 802-295-7573	
White River Junction	
Good Neighbor Health Clinic 745 Hartford Avenue White River Junction, VT 05001 802-295-1868	
Windsor	
Windsor Community Health Care Mt.Ascutney Hospital, 289 Country Road. Windsor, VT 05089 802-674-7213	

Windham County

Brattleboro

Brattleboro Walk-in Clinic

23 Belmont Avenue
Brattleboro, VT 05301
802-257-6536

Putney

Putney Walk-In Clinic

Dr. Hoskins Office, Main Street
Putney, VT 05343
802-387-2120

Hospital-Based Community Education and Wellness Programs

Almost every hospital has a community education or outreach program that provides resources, wellness classes and educational opportunities to members of the surrounding community.

Programs can vary greatly between hospitals. Some have a very extensive calendar of opportunities or their own wellness centers that offer some of the therapies mentioned earlier in this guide. Others have more limited offerings and refer clients to programs in the existing community rather than providing the services themselves. Either way, your local hospital is a great place to find out about further health-related opportunities that exist in your area.

Hospital Community Outreach Programs

Statewide

Marko Russell, RN
Central VT Medical Ctr.
P O Box 547
Barre, VT 05641
(802)229-9121

Kimberly Turner, Wellness Coordinator
Southwestern VT Medical Ctr.
100 Hospital Drive East
Bennington, VT 05201
(802)442-6361

<p>EJ Roberts, Coordinator Brattleboro Memorial Hospital Belmont Avenue Brattleboro, VT 05301 (802)257-8325 / (802)257-0341</p>	<p>Heidi Sulis, Coordinator Porter Medical Center South Street Middlebury, VT 05753 (802)388-4739 / (802)388-4701</p>
<p>Linda Shaw, Outreach Coordinator Copley Hospital Washington Highway Morrisville, VT 05661 (802)888-8369 / (802)888-4231</p>	<p>Sue Alward, Director of Wellness Center North Country Hospital Prouty Drive Newport, VT 05855 (802)334-7331</p>
<p>Michelle Graci, Community Outreach Manager Gifford Medical Center P O Box 2000 Randolph, VT 05060 (802)728-2472 / (802)728-4441</p>	<p>Susan Lebel, RN Rutland Regional Medical Ctr. 160 Allen Street Rutland, VT 05701 (802)747-3771 / (802)747-1600</p>
<p>Peg Young, RN Rutland Regional Medical Ctr. 160 Allen Street Rutland, VT 05701 (802)747-3768 / (802)747-1600</p>	<p>Janet Laraway, HR Director Springfield Hospital 25 Ridgewood Road Springfield, VT 05156 (802)885-2151</p>
<p>Pamela Cross, RN, Wellness Coordinator Northwestern Medical Ctr. Box 1370 St. Albans, VT 05478 (802)524-1227 / (802)524-5911</p>	<p>Laurel Ruggles, Director, Community Outreach & Wellness Northeastern VT Regional Box 67 St. Johnsbury, VT 05819 (802)748-8141</p>
<p>Catherine Hazlett, Director, Health Unlimited Mt. Ascutney County Road Windsor, VT 05089 (802)674-2147 / (802)674-6711</p>	

Resources for Physical Activity

Moderate physical activity can be beneficial for people with arthritis. Low-impact aerobic exercises such as walking or swimming and even strength training have been proven to have a positive effect on chronic pain, fatigue, sleep disruption and depression.

For many years, it was thought that people with arthritis should not exercise because it would damage their joints. Now, doctors and therapists know that people with arthritis can improve their health and fitness through proper exercise without hurting their joints.

Regular exercise of joints and muscles, achieved through gardening, walking and other activities of daily living, is especially important for people with arthritis because it helps to:

- Keep joints moving
- Keep muscles around joints strong
- Keep bone and cartilage tissue strong and healthy
- Improve the ability to do everyday activities
- Improve overall health and fitness

Exercise does not have to be strenuous. National guidelines for people with arthritis recommend exercising three days a week for at least 20 mins. The Arthritis Foundation recommends walking, water exercise, and bicycling as forms of low-impact exercise. Walking is the simplest form of exercise. It is low-impact, requires no special skills and is inexpensive. You can walk almost anywhere anytime. A good pair of supportive walking shoes is recommended.

To avoid pain after strenuous exercise: wear supportive shoes and comfortable clothing; move at a pace that is comfortable; do not attempt to do too much at once; and, always cool down after exercising.

This section contains information about exercise and wellness programs as well as a listing of gym and fitness facilities in Vermont. Some people prefer to exercise in groups and find the peer support offered by their “wellness team” to be helpful. Others prefer the variety of offerings their health club has to offer or like the structure that enrolling in a program offers to their schedule. Many people prefer to exercise alone, on their own time doing activities they enjoy such as walking, biking, or gardening. Exercise does not have to be structured. What is most important is incorporating some form of physical activity into your daily routine.

You may know of other resources in your community that offer opportunities for physical activity. We have included a list of settings and activities here to help you get started finding resources for physical activity in your community.

- Check with your local hospital, town or city recreation department, wellness center, community center or senior center about the availability of fitness classes or group exercise programs (such as walking programs, aquatic programs, yoga or tai chi).
- Explore your park and recreation areas for walking trails. Many conservation areas offer walking trails in beautiful natural settings.
- Local bike trails, need more info
- Many malls offer mall-walking programs. Check with your local mall or your local hospital about the availability of these programs.
- Large fitness centers may have an indoor track that can be used for walking.
- Refer to the Educational Services and Organizations listed in this guide. Many of these organizations can provide you with tips about beginning an individualized exercise program.

Whatever form of exercise you choose, remember that the important thing is to keep your joints moving and your body strong while staying within your limits. A complete exercise program includes range of motion or flexibility exercises, strength training, and endurance or aerobic exercise (low or non-impact).

Before beginning any exercise program, it is recommended that you seek the advice of your physician.

Health clubs are required to register with the state Attorney General's office. If you have concerns or complaints about the health facility that you are using please contact:

Consumer Assistance Program
104 Morrill Hall-UVM
Burlington, VT 05405
Phone: (802) 656-3183
(800) 649-2424 (toll-free in Vermont only)
FAX: (802) 656-1423
Email: consumer@uvm.edu

Note: The Consumer Assistance Program (CAP) is the complaint-handling branch of the Attorney General's Consumer Protection Division. This is the program to contact if you have a problem with your exercise facility. CAP can also provide you with information about your rights, options and responsibilities as a consumer and about the complaint histories of a business.

Arthritis Foundation Aquatic Program

The Arthritis Foundation Aquatic Program is a series of gentle recreational activities held at warm water pools. The program is designed to help relieve pain and stiffness caused by arthritis while providing a fun, social opportunity. It is open to anyone with arthritis. It is not necessary to know how to swim. Trained personnel conduct the sessions. Program fees and schedules vary and are set by each host facility. The listing of facilities that provide the Arthritis Foundation Aquatics Program are included within this directory. See your county's or regional listing for the program nearest you.

Arthritis Foundation Self-Help Program

Arthritis Foundation Self-Help Program, a self-management program developed at Stanford University, is a group education program designed to complement the services provided by your health care team. It is taught over six sessions that lasts for two hours per session. The Arthritis Foundation Self-Help Program helps build the knowledge, skills and confidence needed to take a more active part in managing arthritis.

All class participants receive a copy of the *Arthritis Helpbook* and other resource materials. A nominal fee is usually charged to cover program expenses. Anyone with any type of arthritis or related condition can attend the course. A spouse, other family member or friend may accompany the person who registers for the course. For more information please contact the Arthritis foundation to find a course near you.

Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program is a recreational exercise program designed specifically for people with arthritis. It uses gentle activities to help increase joint flexibility, range of motion and maintain muscle strength. Classes are conducted by trained instructors and are usually held several times per week. The Arthritis Foundation Exercise Program is also available on videotape and can be purchased from the Arthritis Foundation.

For additional information about these programs,
please contact:

Arthritis Foundation
Northern and Southern New England Chapter
6 Chenell Drive, Suite 260
Concord, NH 03301
1-800-639-2113 (toll free)
1-603-224-3778 (fax)
Email: info.nne@arthritis.org

Tufts Strong Living Program (SLP)

The SLP is a community-based strength and weight training exercise program for adults 55 and older. This twelve-week program is designed for injury prevention, better bone health and increased function and activity in older adults. It includes a progressive series of strength building exercises for all major muscle groups as well as balance exercises for coordination and fall prevention. The program is led by certified leaders who have completed the standardized SLP leader training.

For additional information contact:
Suzanne Kelley, Program Coordinator
Vermont State Health Department
108 Cherry Street
Burlington, VT 05402
(802) 651-1869

Health Clubs and Fitness Centers

Gyms or fitness centers offer the advantage of a wide variety of equipment and trained staff to help you develop your fitness program. In addition, many clubs offer group classes in yoga, aquatic exercises and low-impact aerobics.

Along with medication, rest and other parts of your treatment program, regular exercise can help to keep your joints in working order. Not exercising increases the likelihood that your joints will become even more stiff and painful. Joints that are not regularly exercised may experience a loss of flexibility and have a difficult time straightening and bending.

The locations listed here represent a variety of health clubs and fitness centers in Vermont. Each one offers something different. Some clubs have many offerings. Others primarily focus on weight or strength training. Most of these clubs and fitness centers will provide a personal trainer to help you set up a personalized fitness program. A few martial arts studios may offer classes in yoga, tai chi and other disciplines that focus on strengthening muscles and improving balance to relieve stress on joints and increase circulation.

Fitness centers are listed by region, county, and town.

Osteoporosis

Osteoporosis, like arthritis, is a condition that affects the musculoskeletal system. It is characterized by low bone mass, and the deterioration of the bone tissue making those affected more susceptible to bone fractures. It affects 10 million Americans a year, with 18 million more persons having low bone mass, a major risk factor for the bone disease. Increasing numbers of Americans will be at risk for this disease, unless changes are made in our population's diet and lifestyle.

Osteoporosis is thought to be largely preventable, due to advances in diagnosis and treatment. Those with low bone mass and osteoporosis, with the help of their doctors, can be screened and the disease treated. It is important to get bone density screening tests done. The earlier osteoporosis is detected the sooner it can be treated. Although all hospitals in Vermont have the capability to measure bone density, the following centers have specialized ISCD (International Society for Clinical Densitometry) certified clinical densitometrists (CCD) and densitometry technologists (CDT). This certification provides assurance that high quality scans are being performed.

Bennington, Vermont (Southwestern Vermont Medical Center)

David M. Gorson, M.D., CCD

Southwestern Vermont Medical Center

140 Hospital Drive, Suite 301

Bennington, VT 05201-5018

(802) 442-3022

Arlie M. Welch, RT, CDT

Burlington, Vermont (Fletcher Allen Health Care)

Edward S. Leib, M.D., CCD

Christine H. Jones, M.D., CCD

Rose C. Christian, M.D., CCD

Osteoporosis Center

Ambulatory Care Center

East Pavillion, Level 5

111 Colchester Avenue

Burlington, VT 05401

(802) 847-8897

Susan H. Brooks, RT (R), CDT, CT, RDMS

Londonderry, Vermont (Mountain Valley Medical Center)
Delores A. Barbeau, M.D., CCD
Mountain Valley Medical Center
Route 11
Londonderry, VT 05148
(802) 824-6901

Morrisville, Vermont (Central Vermont Medical Center)
Central Vermont Medical Center
130 Fisher Road
Berlin, Vermont
(802) 371-4251
Deborah Plante, RT (R) (M)

Other sources of information that may be useful include:

Vermont Osteoporosis Taskforce is responsible for community outreach and education.

Contact Pamela Farnham RN, Community Health Improvement, Fletcher Allen Health Care, Burlington, Vermont (802) 847-2394 or Pam.Farnham@vtmednet.org

Strong Living Program. (*Strength and Weight Training Exercise Program for adults 55 and older*) Contact Suzanne Kelley, Program Coordinator, Vermont State Health Department, Burlington, Vermont, (802) 651-1869, or Skelley@vdh.state.vt.us, for more information about program locations, leaders and contact phone numbers.

Bones For Life (*Exercise Program Focused on Strengthening Bone for all ages*) Burlington area classes. For a brochure, information & to register contact Mischul Brownstone, (802)425-3355 or mischul@accessvt.com

The Osteoporosis Center Contact Augusta Wilson, R.N., Clinical Research Coordinator, Fletcher Allen Health Care, Burlington, Vermont, (802) 847-8897 or Augusta.Wilson@vtmednet.org

Community Health Resource Center, Fletcher Allen Health Care, Burlington, Vermont, (802) 847-8821 or resourcecenter@vtmednet.org